



You can receive \$250 for participating in this study.

*We are looking for depressed/anxious individuals 16-24 years old to participate in a free SKY campus workshop, in which they will learn self-regulation skills (breathing techniques, yoga-based movements, and meditation) that can help them relax and better regulate emotions. Following the workshop, the group will meet once-per-week for 1-hour for 8 weeks.

*The goal of our UCSF SKY (Sudarshan Kriya Yoga) study is to determine if SKY breath meditation is helpful in improving depression in adolescents, as well as to understand SKY Breath Meditation's mechanisms through MRI imaging.

*Participants will also undergo some behavioral assessments and a 1-hour MRI scan before and after SKY intervention. MRI scans will take place at a state-of-the-art UCSF facility at Mission Bay. Participants will receive up to \$250 in gift cards if they complete all parts of the study.

If you are interested in participating in this study, please visit our prescreening questionnaire by clicking the link below:

https://ucsf.co1.qualtrics.com/jfe/form/SV_eycnszMdXgQrr5Y?Q_CHL=qr

Questions: Wendy.Ma@ucsf.edu, skybreath@ucsf.edu or (301) 814-2189

IRB: 21-33230